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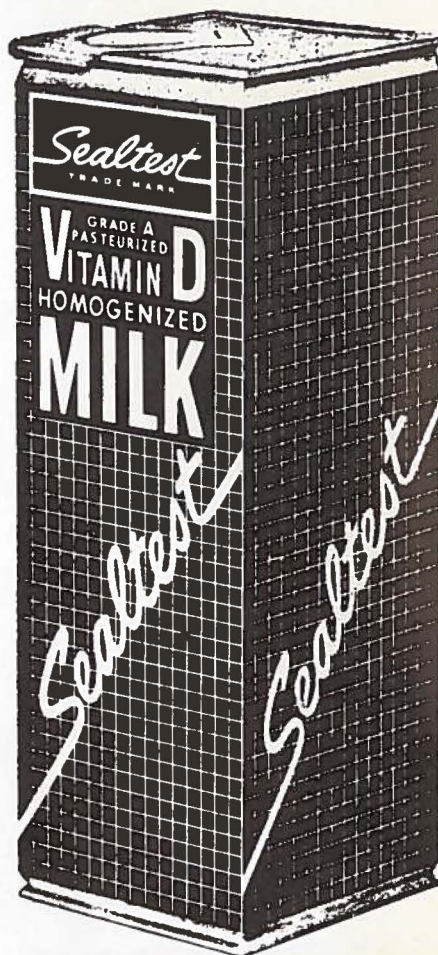


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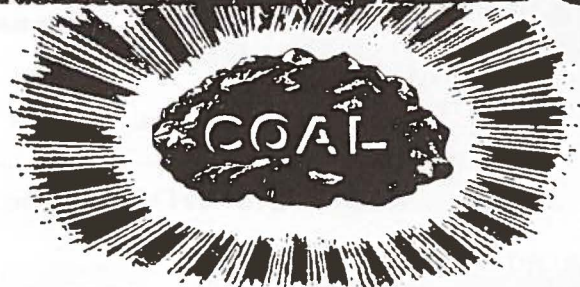
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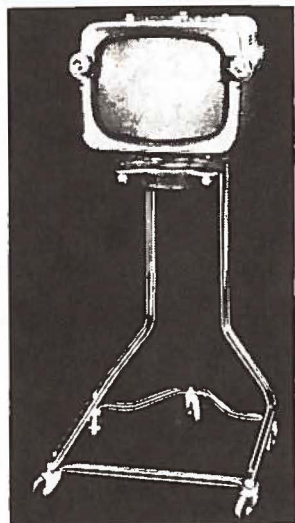
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THE GEORGE WASHINGTON UNIVERSITY MEDICAL CENTER

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THE COURIER is being published by the
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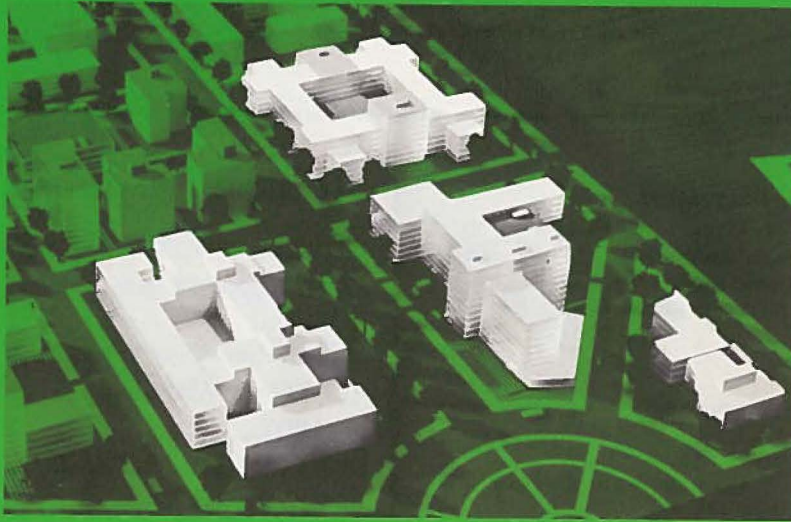
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VOL. 12, NO. 2 • JUNE 1960

COVER: Air view shows the University, in-
cluding the Hospital and the Cancer Clinic
in its national capital setting.

MEDICAL CENTER

PRELIMINARY PLANS



Plans for a major downtown medical center to be built around the site of the University Hospital have been announced by Oswald S. Colclough, Acting President of the University. The new plans were approved in principle by the University's Board of Trustees during its annual Spring meeting last month.

They call for completion by 1970 of a new School of Medicine; a new clinics building; a multi-purpose building to include rooms for ambulatory patients, laboratory facilities and a 3-floor parking facility; a doctor's office building; a building for chronic diseases, rehabilitation and research; and additions to the University Hospital and the Warwick Memorial building, the latter

to house additional medical research requiring fixed equipment such as the electron microscope recently installed.

Dean John Parks of the School of Medicine, who is Medical Director of the Hospital, says that "development of this group of buildings will provide the University with medical facilities for the care of patients for teaching, and for scientific research of the highest order."

He predicts that the new building for chronic diseases, rehabilitation and research promises to become one of the most important future features for patient care, education, and research.

The Hospital's chief-administrator, Mr. Victor F. Ludewig, reports that the Hospital addition, expected to cost 3 million dollars, is designed to add 111,000 square feet and increase the number of beds from 425 to 500.

He says the enlarging of space now available for emergency treatment will be "an essential part of our growing service to the community since the increased number of emergencies in Washington's downtown area are taxing our present facilities to the limit."

The Hospital's most urgent needs for expanding to meet community requirements include additional facilities in pediatrics, otolaryngology, ophthalmology, medicine, surgery, physical medicine, radiology, administrative and supporting service facilities. These additions are being provided to help achieve the stated goal of the Hospital staff, "to provide the community with a program embracing complete care of the individual in a setting which fosters the personal patient-physician relationship."

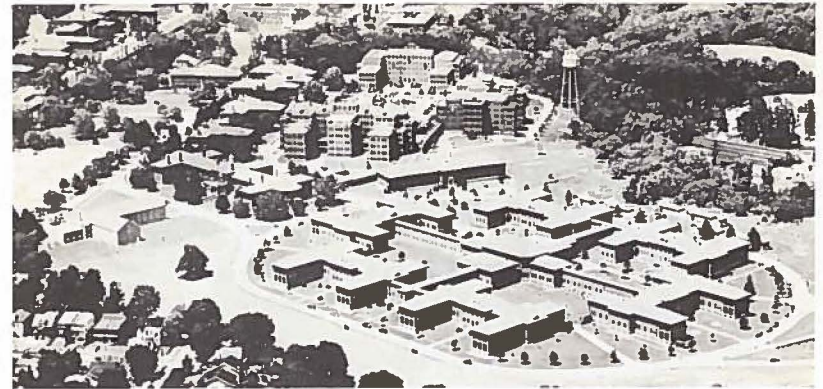
Last month's action of the Board of Trustees authorizes Acting President Colclough to proceed with preparation of preliminary plans and securing of cost estimates and financial support for the addition to the Hospital, the clinics building, and the multi-purpose building.

Board action followed a report of the Board's Hospital Committee chaired by Dr. Daniel L. Borden. Other members are Trustees Alfred H. Lawson, John K. McKee, Frederick A. Reuter, Donald D. Shepherd, and L. Corrin Strong.

Saint Elizabeths Hospital

... more than a century of leadership
through care, training, and research

*By Winfred Overholser, M.D., S.C.D., L.H.D., LL.D., Superintendent,
Saint Elizabeths Hospital, Professor Emeritus of Psychiatry, University
Medical School*



St. Elizabeths Hospital was established by the Congress in 1855 "for the most humane care and enlightened curative treatment" of the mentally ill of the Army, the Navy, and the District of Columbia. During its 105 years it has served the country in 4 wars, and nearly 80,000 patients have passed through its doors. It is the largest Federal Hospital and one of the largest mental hospitals in the world, with over 7700 patients on its rolls. But these statistics, formidable as they are, are only a small part of the story of St. Elizabeths Hospital. The primary function of the Hospital has of course been the care of its patients.

The Hospital was the brain child of a very remarkable woman, Dorothea Lynde Dix, who during her lifetime secured almost single-handed the establishment or enlargement of over 30 mental hospitals in the United States. It was she who wrote the bill which created the Hospital and then secured its passage by the Congress. In line with the practice then and now prevailing, the organic act provided that the superintendent should be a physician experienced in the care of the mentally ill. Experience has shown that control of a mental hospital by lay administrators or a splitting of the control between a layman and a physician can only have pernicious effects upon the standards of care given to the patients. Another feature of the Hospital is that although it was designed primarily for the care of the mentally ill of the Army and the Navy, with the District of Columbia mentioned almost as a footnote, the control was designed to be, and always has been, civilian. Some at least of the success

Author Overholser's contribution to the work of St. Elizabeths was acknowledged this Spring by President Eisenhower, shown presenting him with the President's Award for Distinguished Federal Civilian Service, highest honor that the United States gives career civil servants.



Dorothea Lynde Dix, a remarkable woman, wrote the bill which created the hospital.

which was experienced in caring for psychiatric war casualty cases has demonstrably been due to this very fact. Unfortunately, the Army and Navy were denied further use of St. Elizabeths Hospital by a Reorganization Plan in 1946.

By the time the Hospital opened, the depleting types of treatment such as bleeding, advocated by Benjamin Rush, had been pretty well given up and had yielded again to what was known as "moral" treatment, or as we should say today, "milieu therapy," that is, pleasant surroundings, kindness, personal attention and entertainment—in short the basic humanities. Much effort was given to making the grounds attractive, to providing occupation and library facilities. Not much was understood about mental mechanisms and very little too was known of either psychotherapy or of drug treatment. Such drugs as were used were entirely palliative. Hydrotherapy was introduced shortly before the turn of the century and one of the staff physicians studied this subject with Dr. Simon Baruch, a pioneer in this field and, incidentally, the father of the eminent Bernard Baruch. This staff member, Dr. Foster, indeed, was reported by Dr. Baruch to be the first pupil he had had from a mental hospital.

In 1884 under Dr. W. W. Godding, the second superintendent, a Pathological Laboratory was established in charge of Dr. I. W. Blackburn, one of the pioneer investigators in the field of neuropathology. Under Blackburn and his successors, Nolan Lewis, Walter Freeman, Karl Langenstrass and Meta Neuman many contributions to the literature have been made, and one of the largest collections of neuropathological specimens in the country has been established. In another field the first psychological laboratory in a public mental hospital in the United States was established in 1907 under Dr. Shepard Ivory Franz. Clinical psychology has always been valued as an important adjunct to diagnosis and treatment at St. Elizabeths Hospital, and many very well known workers

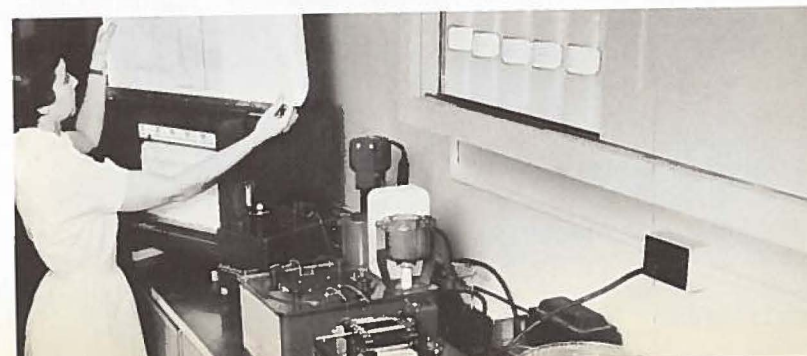
The staff of St. Elizabeths Hospital began pioneer work during the Nineteenth Century . . .



. . . in hydrotherapy . . . still an established part of treatment.



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St. Elizabeths superintendents became professors at The George Washington University: Drs. Goddard, White, and Richardson, and the author of this article.

in the field have been associated with this laboratory. Prof. Thelma Hunt of The George Washington University Department of Psychology is one of the distinguished alumnae of St. Elizabeths Hospital, and several psychology students from the University have had graduate training at the Hospital.

It was inevitable that early in the life of the Hospital problems relating to the mental state of prisoners should be of interest, and during the years many prisoners have been committed to the Hospital for observation and for treatment. The field of forensic psychiatry developed as early at least as the time of the trial of Guiteau, the assassin of President Garfield, and Dr. Godding, superintendent at that time, was one of the many expert witnesses in that case. Other physicians of the staff, such as Dr. Bernard Glueck, Dr. Ben Karpman, and most notably, Dr. William Alanson White, the superintendent for 34 years, contributed much to the literature and to the thinking of the country in the field of forensic psychiatry. This is a field which just now is of great interest in the District of Columbia on account of the so-called Durham Rule of criminal insanity, and growing attention is being given by the courts to the mental state of offenders. In fact, the new maximum security building of the Hospital is already almost outgrown!

The bright particular star of St. Elizabeths Hospital, among a notable galaxy, was Dr. William Alanson White, Superintendent from 1903 to his death in 1937, one of the great expositors of modern psychiatry and Professor of Psychiatry at George Washington University nearly all of that time. His eloquent defense of the principles of psychoanalysis at the 1913

meeting of the American Medico-Psychological Association (now the American Psychiatric Association) had much to do with the present widespread acceptance of the theories of Sigmund Freud. He did much to develop the standards of scientific care of the mentally ill in St. Elizabeths Hospital; indeed, the scientific era of St. Elizabeths Hospital may well be said to have started with Dr. White.

Dr. White was interested as well in the physical care of patients and developed early what is now known as the Medical and Surgical Branch, a Branch to which University staff members have contributed much during the years. The Hospital is still the only public mental hospital in the country which is approved for rotating internship, and a high standard of medical and surgical care has been given to the patients under this Branch. It was in 1922 under Dr. Watson Eldridge, then in charge of the



From the beginning, pleasant surroundings have contributed to therapy. Today's views include the Monument and the Capitol dome. The fish pond, 1000 carp, and 1/4 million gallons of water. The water has been used as part of the fire protection system of the hospital.



Therapy involves also development of skills and concern for the spirit.



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Hi Jinks

Psychodrama in the chancel of the Chapel. St. Elizabeths was the first public mental hospital to use psychodrama. Secretary of Health, Education, and Welfare Arthur S. Flemming (right) attended this service.



Branch and for many years on the faculty of George Washington, and himself a graduate of the University School of Medicine (1910), that the first inoculation of malaria for the treatment of general paresis was given in the Western Hemisphere. This treatment, devised by a Viennese, revolutionized the treatment of general paresis, a form of late syphilis of the brain, a disease which up until that time had been almost uniformly fatal and had accounted for nearly 10 per cent of the admissions to mental hospitals. More recently the malarial treatment has been superseded by penicillin. This illustrates again the terrific speed with which medicine is developing.

So much for treatment. Training of medical students, physicians, psychologists, nurses, social workers, chaplains and occupational therapists has been carried on, and for many years the Hospital had what many considered the best three-year training school for nurses in the District. As to the relationships with The George Washington University, it was



Administration Building

in 1884 that Dr. W. W. Godding, then superintendent, was appointed Professor of Mental Diseases in the School of Medicine. His successor, Dr. A. B. Richardson; his successor, Dr. White, and Dr. White's successor, the writer of this article, were all professors of mental diseases, or as more recently it is known, psychiatry. Instruction has also been given at St. Elizabeths Hospital to students of the other medical schools of Washington and to psychology students and social work and nursing students from the various universities in this city.

Nor has research been neglected. A half century ago theories relative to mental disorder were largely based on the thesis that it was perhaps due to organic changes in the brain. Thus the early research work was in brain pathology. This has not entirely been superseded for new methods are constantly being devised for staining and otherwise studying the features

of brain pathology. With the work of Freud, however, much interest was developed in the psychological treatment of mental illness, and many studies in the field of clinical psychiatry and psychology. St. Elizabeths Hospital was the first public mental hospital to use psychodrama, one of the recent forms of psychological treatment. This approach has suggested further lines of investigation. More recently with the development of the so-called tranquilizers, much attention has been paid to the possibilities of brain chemistry as being a source of trouble in mental illness. At present a large scale investigation is being carried on at St. Elizabeths Hospital in conjunction with the National Institute of Mental Health, and many promising leads are already being uncovered.

The Hospital has always tried to carry out the intent of the Congress and has been at least reasonably successful. It is worthy of note as indicating something of the general acceptance of the Hospital not only that three of the superintendents, namely, Dr. C. H. Nichols (the first superintendent), Dr. White and the present superintendent, have been given the honorary degree of Doctor of Laws by The George Washington University, but that every one of the five superintendents of the Hospital has been President of the American Psychiatric Association. Many visitors come from abroad, as well as from other parts of this country. With the support of the community, the various academic groups, the Department of Health, Education, and Welfare (of which the Hospital is a part), and last, but certainly not least, the Congress of the United States, we may safely cherish the hope that the work of the Hospital will continue in increasing measure and value.

One of the newest buildings . . . Geriatrics



Photos Civil Service Commission, Navy Hydrographic Laboratory, St. Elizabeths Hospital.

Academic Medicine

FOR TEACHING AND RESEARCH

A George Washington University Hospital training program designed to interest able students in careers of teaching and research is being launched this year under a grant from the National Heart Institute.

Under this grant of \$125,000 the University's Department of Medicine is cooperating during the next five years with Departments of Biochemistry and Physiology in employing capable students during their freshman and sophomore years as summer research fellows in basic science laboratories.

Those who do good work will qualify for part time work during their third and fourth years as medical students when they may be assigned to the basic laboratories or to clinical research laboratories at the Hospital. This first year several upper class students have been chosen and employed in such jobs during the Spring semester.

The new grants also will permit the Heart Center to assist post graduate research fellows who have completed their intern and residency programs. Fellows will be expected to remain at least two years in the program, pursuing research and also being given specialized training at the University or elsewhere if it is necessary.

Director of the new program is Dr. John McCallum Evans, who says first post graduate fellows in the program will be Dr. André Thomas of the University of Paris, who has had advanced training at D.C. General and in France, who will do cardiovascular research; and Dr. Vincent Pateras of McGill University, who will do renal research.

Dr. Evans says the grant permits extension of previous University programs to attract medical students to academic careers. He said the continuity permitted through several years of work early in the medical training program of students will allow both the faculty sponsor and the student a better chance to decide how the individual student should direct his efforts.

Dr. Evans points out that the Bayne-Jones report to Congress shows an anticipate shortage of 6000 medical school teachers by 1970 unless measures such as the new training program are undertaken to encourage more academic careers. Other statistics showed that last June's medical graduates across the Nation included only 7 per cent who expected to engage in teaching or research careers.

Drs. Charles A. M. Hogben and Carlton R. Treadwell are assisting Dr. Evans as an interdepartmental advisory committee for the new program.

Awards of the Americas



University medical faculty were honored for service in training of physicians from Panama. Left, Dr. Walter A. Bloedorn (center), Professor Emeritus of Medicine and former dean, received the Medal of the Order of Vasco Nunez de Balboa. Dr. Bloedorn was cited also as president of Gorgas Memorial Institute. He is shown with Dr. Pedro Galindo of Panama's Congress and Miss Gloriela Calvo, attache from the embassy and a graduate of the University. Right, Alumnus Timoteo Suescum MD 34, of Panama, admires the medal of the Award of Merit of the International Foundation of Eloy Alfaro presented to Dr. Paul Calabrisi, Professor of Anatomy, and Medical Dean John Parks (right).

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HIGH SCHOOL VISITORS—Area high school students visited the University Medical Center. Above, Dean Alvin E. Parrish explains the artificial kidney; below, Dr. Nicholas Smyth, the pump oxygenator which is used in heart operations.





From left, Acting President Oswald S. Colclough, University Medical Association President Frederick Y. Donn, and (right) Medical Dean John Parks, congratulate Dr. Frederick A. Reuter, who received the Association's 1960 Award of Merit.

Heart Massage

University Professor of Surgery Brian B. Blades (left), Johns Hopkins University Professor of Surgery Alfred Blalock, and Medical Dean John Parks.

Dr. Blalock told physicians and students attending the Charles H. Tompkins Memorial Lecture that a method of external massage of the heart developed at Hopkins is significant because it does not require surgery as previous methods of heart massage did. It is performed by placing both hands on the sternum, the lower breast bone, and exerting heavy pressure 60 to 80 times a minute, causing the heart to be squeezed between the front of the chest and the vertebrae.

Dr. Blalock is widely known as developer of the "blue baby" operation. His lecture was third of the Tompkins Memorial Lectures, made possible by family and friends of the University's late alumnus and trustee, who was internationally known as a builder and whose firm constructed all of the University's modern buildings.



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Medical Alumni Sponsor Symposium Honor Dr. Frederick A. Reuter

More than 200 medical alumni participated in scientific meetings and the annual dinner of the University's Medical Alumni Association.

Dr. Frederick A. Reuter, was named 1960 Award of Merit winner of the Association. A graduate of the University's medical class of 1916, Dr. Reuter served the University as faculty member for 36 years until his election as a member of the Board of Trustees in 1958. His specialty work in urology has contributed to use of chemotherapy in treatment of infections. He is a member of numerous medical and scientific societies and a frequent contributor to medical journals.

Scientific sessions were held on diseases of the liver, heart surgery, staphylococcal and post partum infections.

Senior Student Julius Morton Goodman was honored also at the dinner as winner of the Oscar B. Hunter Award for his student record in pathology. Dr. Goodman will intern at the University of California Hospital, Los Angeles.

Dinner speaker was J. Burke Knapp, Vice President, International Bank for Reconstruction and Development.

Eight alumni who are also members of the University faculty spoke at sessions: Drs. Paul C. Adkins, George Kelsner, John M. Keshishian, William P. McKelway, Maurice Mench, Lawrence E. Putnam, Benjamin H. Sullivan Jr., and Howard Ticktin. Colonel Sullivan is also Chief of the Gastroenterological Section, Walter Reed Army Hospital.

Other alumni who spoke were: Dr. Irving Brick, Associate Professor of Medicine, Georgetown University; Dr. Leighton E. Cluff, Associate Professor of Medicine, Johns Hopkins University; and Dr. Warren Wacker, Instructor in Medicine, Harvard University.

Other faculty who assisted on the program: Dr. Brian Blades, Professor of Surgery; Dr. Vincent M. Iovine, Clinical Professor of Surgery; Dr. Andrew G. Prandoni, Associate Clinical Professor of Medicine; Dr. Monroe J. Romanovsky, Professor of Medicine; and Dr. Thomas Sappington, Assistant Clinical Professor of Medicine.

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SOCIAL PSYCHIATRY



Prof. David Weaver of the Law School, Dr. Jones, and Prof. Emeritus Winfred Overholser of the School of Medicine.

Dr. Maxwell Jones of Belmont Hospital, Sutton, Surrey, England, reviewed the hopeful and the discouraging news about treatment of the mentally ill, when he addressed physicians and lawyers as Isaac Ray Lecturer at the University's Lisner Auditorium.

. . . the Changing Community

Dr. Jones told about recent legislation in Britain.

" . . . As the Bill envisages both elective and compulsory treatment for these cases, whether they have broken the law or not, it is clear that the British have decided on legislation in an attempt to alleviate the problem both from the standpoint of the individual's need for help and society's possible danger. The extraordinary thing is that the problem, so familiar in some contexts (the press, law courts, etc.) yet denied in others (public and medical responsibility, etc.) is openly recognized. It should no longer be necessary for these people to have to break the law before they can hope for treatment."

He discussed also public attitudes.

" . . . the diminishing commitment rate to mental hospitals, the tendency for the discharge rate from hospitals to exceed the admission rate, the steadily increasing number of out-patients being treated, the growing number of in-

patient units in general hospitals, and the rapid growth of day hospitals and domiciliary visits by psychiatrists to patients in their homes. All this points to a shift of emphasis from the hospital to treatment outside and by implication an increasing involvement of the community in shared treatment responsibility."

Dr. Jones considered the psychiatrists' role.

" . . . The weakness of the psychiatrists position is the incompleteness of his understanding of personality problems in general. The classification favored by the American Psychiatric Association, although probably the most useful available, is full of overlapping categories and candidly admits that more adequate classification must await further knowledge. . . . It would seem that the only way out of this dilemma at the present time is for the psychiatrist to play his role as competently as current knowledge allows and face the inner doubts as honestly as possible. After all, this is no new position for a doctor to find himself in!"

Social Psychiatry in the Hospital

Dr. Jones, pioneer in open doors for mentally disturbed patients, discussed problems of developing the therapeutic community.

" . . . the term implies that the whole community of staff and patients is involved at least partly in treatment and administration."

and in the Prisons

" . . . Of first priority would seem to be the need for selection and training of the prison personnel for work in living group situations."

Dr. Jones came to the University after receiving the Isaac Ray Award of the American Psychiatric Association which is given each year to a psychiatrist or member of the bar for furnishing understanding between the two professions of law and psychiatry. The award provides for the recipient to give lectures at a university which has both a law and a medical school. This year the lectures were sponsored by The George Washington University.

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Forensic Medicine Studies Begin



Dr. Head (right) greets (from left) Dean Charles B. Nutting of the Law Center, Dean John Parks of the School of Medicine, and University Trustee Carleton D. Smith.

The University's new Forensic Medicine Institute this Spring sponsored a symposium on The Hospital and the Law which was attended by 250 lawyers, physicians, and hospital administrators.

This Fall a course in Forensic Medicine will be offered to graduate and senior law students. It will be under the direction of Dr. Murdock Head, Institute Chairman, and Asst. Prof. David Sharpe and will feature lectures by various authorities in the field.

Other activities in the future will include a number of institutes on various topics of interest to physicians and lawyers as well as research and legislative drafting involving problems of law and public health.

Institute activities began in March with a lecture by Dr. Head who told his listeners that:

Eighty percent of the cases arising in the courts involve the use of medical testimony. For this reason it is essential that both physicians and lawyers have some knowledge of the problems involved in litigation.

A physician should know enough about evidence, cross examination and the rules of agency to know what his legal position is.

Lawyers should have enough medical knowledge to enable them to examine and cross examine physicians.

The Institute of Forensic Medicine has been established at the University's National Law Center under the co-sponsorship of the Law Center and the School of Medicine.

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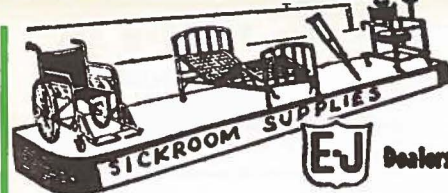
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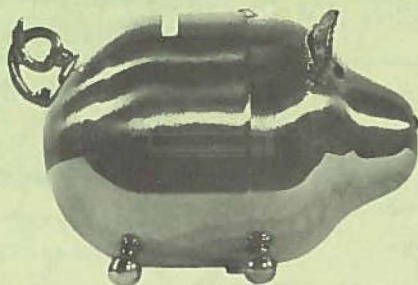
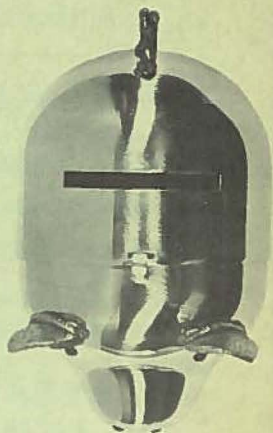


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